

The Star's Cook Book

UTENSILS.

Absolutely Required in a Kitchen.
1 Iron Pot, 1 Fish Kettle, 2 Large Iron Saucepans—one with a steamer, 1 Stewpan, 2 small Saucepans for Vegetables, 2 Butter Saucepans, 1 Small Saucepan lined with china, for boiling milk, 1 Gridiron, 1 Frying-pan, 1 Roasting Jack and stand, 1 Bunch of Skewers, 1 Basting Ladle and slice, 1 Toasting Fork.

For Campers.
1 Iron Pot, 3 Saucepans, 1 Gridiron, 1 Frying-pan, Poor Man's Jack for roasting.

SOUPS AND BROTHS.

Beef Soup No. 1.—Boil soup bone day before wanting it; skin grease off next day, and melt jelly; add spices to taste, little brandy, small teaspoonful of butter rubbed in browned flour, little vermicelli, and grated carrot. Boil 2 eggs hard, mash smooth, put in tureen, and pour soup over them.

Beef Soup No. 2.—Time, 9 hours; 5 pounds of shin of beef, a quart of water to each pound of meat, 1 head celery, 1 onion, 4 small or 3 large carrots, 2 turnips, a bunch of sweet herbs, pepper and salt. Cut off meat from bone, put bone into stewpan with water, let boil slowly for 4 hours; then strain into large basin; when cold, remove cake of fat; cut meat into small pieces, put them into stewpan with strained gravy, herbs tied together, celery, onions, carrots, and turnips cut small; let simmer slowly for 5 hours, seasoning with pepper and salt to taste. When done, take out herbs, and it will be ready for use.

Bouillon Soup.—6 pounds of round of beef bound into a good shape with tape, 3 small carrots, 3 turnips, 3 small young onions, and one large one stuck with 4 cloves, bunch sweet herbs, 1 pint each string beans and peas, 1 small head cauliflower or cabbage, 4 quarts water, pepper, salt, bay leaves, rice or sago. Put beef whole in the water and heat slowly to a boil. Skim, dip out a pint of the liquor and put by for cooking the vegetables. Add to the liquor left with the beef 1 sliced carrot, 1 turnip also sliced, the large onion and the herbs; stew slowly 4 hours. Take out the beef and keep hot over boiling water. Strain the soup, pulp the vegetables. Cool and skim, return to the fire and when it heats add noodles, boiled rice or soaked German sago. Simmer 5 minutes, and pour into the tureen.

Bean Soup.—Soak quart white beans over night; in morning pour off water; add fresh, and set over fire until skins will easily slip off; throw them into cold water, rub well, and skins will rise to top where they may be removed. Boil beans until perfectly soft, allowing 2 quarts water to 1 quart beans; mash beans, add flour and butter rubbed together, also salt and pepper. Cut cold bread into small pieces, toast and drop on soup when you serve.

Beef Tea.—1 pound beef. Cut beef into small pieces like dice, put them in common preserve jar, keep in oven all day, or all night. When all juice of meat has been extracted by heat, add boiling water till it is of strength you require. Season to taste.

Family Soup.—Time, 6 hours; 3 or 4 quarts pot liquor, 1 e, the water in which mutton or salt-beef has been boiled. Any bones from dressed meat, trimmings of poultry, scraps of meat, or 1 pound gravy beef, 2 large onions, 1 turnip, 2 carrots, a little celery seed tied in a piece muslin, bunch savory herbs, 1 sprig parsley, 5 cloves, 2 blades mace, a few peppercorns, pepper and salt to taste. Put all your meat trimmings, meat bones, etc., into stewpan. Stick onions with cloves, add them with other vegetables, to meat; pour over all the pot liquor; set over slow fire and let simmer gently, removing all scum as it rises. Strain through fine hair sieve.

French Soup.—Time, 3 hours; 3 quarts water, 4 pounds meat, 2 teaspoonfuls salt, 3 small carrots, 3 middling-sized onions (1 being stuck with 2 cloves), 1 head celery, 1 bunch dry thyme, 1 bay leaf, little parsley tied together, 2 turnips, 1 burnt onion or a little brownling. Put meat into stockpot with water, set over slow fire and let it gently boil, carefully taking off scum that will rise to top. Pour in teaspoonful cold water to help scum to rise. When no more scum rises, it is time to put in vegetables, which you should have ready washed and prepared. Cut carrots in slices, stick onions with cloves, cut turnips in 4 pieces. Put them into pot, let boil gently 2 hours. If water boils away too much, add a little hot water in addition. A few bones improve the soup very much.

Clam Soup.—Boil juice of clams, make a little drawn butter and mix with the juice; stir till it boils, chop up clams and put them in; season to taste with pepper, salt, and little lemon-juice; cream or milk and crackers are to be added, nutmeg if you like. Boil over slow fire 1½ hours.

Green Turtle Soup.—Take off shell, head, and flippers; let hang over night to drain off the blood; cook the neck and flippers in boiling water 1 minute, so that the scales can be scraped off. Take a 3-pound shin of beef, carrots, onions, whole black peppers, cloves, thyme, leeks, celery, and parsley to taste; cook in boiling water ½ to 1 hour. Then cut the turtle in small pieces, leaving the liquid to cook with the bones and vegetables; add 2 ounces butter and 3 tablespoonfuls flour to thicken the soup; simmer while cooking, and cook until it has lost the strong smell; then put in the meat (and turtle and shin beef), season with red peppers, and 1 tablespoonful of sherry or brandy, and then serve.

Chicken Broth.—Cut fowl into quarters. Lay it in salt water an hour; put on in soup kettle with an onion and 4 quarts water. Bring very slowly to gentle boil and keep this up until liquid has diminished 1½ and meat shrinks from bones. Take out chicken, salt it and set aside with cupful of broth, in bowl (covered), until next day. Season rest of broth and put back over fire. Boil up and skim, add nearly cupful of rice, previously

soaked in bowl of water. Cook slowly until rice is tender. Stir cupful hot milk into 2 beaten eggs, then into broth. Let all come barely to a boil. When you have added handful of finely minced parsley, pour out into tureen and serve.

Consomme Soup.—One chicken, 3 pounds lean beef, 1 onion, 1 turnip, 2 carrots, bunch sweet herbs, 7 quarts cold water, ½ cup sago soaked in cold water, pepper and salt. Cut beef in strips and joint chicken, slice vegetables, chop herbs, put all on with water to cook slowly for 6 hours. Take out chicken and beef; salt and pepper and put into jar. Strain soup, pulp vegetables through a sieve. Season and divide it, pouring ½ on meat in jar, and setting in pot hot water to cook, covered, 2 hours more. Heat the rest and skim; put in sago, simmer for ½ hour, then pour out. When 2 hours have passed, pour out stock in bowl; when cold put on ice.

Tomato Soup.—Skin carefully 1 gallon ripe tomatoes, put them in soup-pot, pour over 2 quarts rich soup stock. Let simmer an hour, run through sieve, return to pot, season with pepper, salt and clove of garlic; dish soup as soon as it boils up second time.

Mock Turtle Soup.—1 calf's head, 2 onions, 1 bunch sweet herbs, 5 tablespoonfuls butter, 5 tablespoonfuls browned flour, 1 tablespoonful allspice, ¼ teaspoonful mace, 1 teaspoonful pepper, about 2 teaspoonfuls salt, 2 raw eggs, a little flour, 2 glasses brown sherry, or Madeira wine, 1 tablespoonful mushroom or walnut catsup, 5 quarts cold water, 1 sliced lemon, 1 calf's head, well cleaned, with the skin on. Soak the head 1 hour in cold water and boil in 5 quarts water until the bones will slip easily from the flesh. Take out the head, leave bones and broth in the pot. Take out the tongue and brains and put on separate plates; set aside also the cheeks and fleshy parts to cool. Chop the rest, including the ears, very fine. Reserve 4 tablespoonfuls of this for forcemeat balls. Season the rest with pepper, salt, onion, allspice, herbs and mace and put back into the pot; cover close and cook for 4 hours. Should liquor sink to less than 4 quarts replenish with boiling water. Just before straining the soup take out ½ cupful put into a frying-pan, heat and stir in the browned flour wet up in cold water, also the butter. Simmer these together 10 minutes, stirring constantly. Strain the soup, scald the pot and return the broth to the fire. Have ready the tongue and fleshy parts of the head, cut, after cooling, into small squares, also about 15 balls made of the chopped meat, highly seasoned, worked into proper consistency with a little flour and bound with the raw eggs, beaten into paste. They should be as soft as can be handled. Grease plate, flour the balls and set in quick oven until crust forms upon them, then cool. Now thicken the strained broth with the mixture in the frying-pan, stirred in well. If not sufficient to make it almost like custard add more flour. Then drop in the dice of tongue and fat meat, cook slowly 5 minutes. Put the forcemeat balls and thin slices of a peeled lemon into the tureen. Pour the soup upon them, add catsup and wine, cover 5 minutes and serve. Mock turtle soup is regarded as the queen of all soups, and far superior to turtle soup.

Potato Soup. (4 quarts).—Put in saucepan 2 ounces bacon chopped, 5 onions peeled and chopped, 1 salt, spoonful pepper, 1 teaspoonful salt, and 4 quarts hot water, boil 15 minutes; meantime peel and slice 1 quart potatoes, add them to first-mentioned ingredients, boil ¾ hour longer, or until potatoes are boiled to a pulp; season palatably, serve hot.

Green Pea Soup.—Put 2 quarts green peas with 4 quarts water, boil 2 hours, keeping steam waste supplied by fresh boiling water—strain them from liquor, return that to pot, rub the peas through sieve, chop an onion fine, and small sprig mint, let boil 10 minutes, stir a tablespoonful flour into 2 of butter, add pepper and salt to taste, stir smoothly into boiling soup. Serve with well buttered slices of toasted bread.

Macaroni, or Vermicelli Soup.—2 small carrots, 4 onion, 2 turnips, 2 cloves, 1 tablespoonful salt; pepper to taste, sweet marjoram, parsley and thyme. Any cooked or uncooked meat. Put soup bones in enough water to cover; when they boil skin, add the vegetables. Simmer 3 or 4 hours, strain through colander and put back in saucepan to reheat. Boil ½ pound macaroni until quite tender, place in soup tureen, and pour soup over it—the last thing. Vermicelli will only need to be soaked a short time—not boiled.

Scotch Mutton Broth.—Time, 3½ hours; 6 pounds neck of mutton, 3 quarts water, 5 carrots, 5 turnips, 2 onions, 4 tablespoonfuls Scotch barley, a little salt. Soak mutton in water for an hour, cut off scrag, and put it in stewpan with 3 quarts of water. As soon as it boils skim well and then simmer for 1½ hours. Cut best end of mutton into cutlets, dividing it with 2 bones in each; take off nearly all fat before you put it into broth; skim the moment meat boils, and every ten minutes afterwards; add carrots, turnips and onions, all cut into 2 or 3 pieces, then put them into soup soon enough to be thoroughly done; stir in Scotch barley; add salt to taste, let all stew together for 3½ hours; about ½ an hour before sending it to table, put in little chopped parsley and serve.

Soup Stock or Clear Soup.—5 pounds of beef from the round, 5 quarts of water, 1 onion, 3 stalks of celery, herbs, 6 cloves, salt and pepper. Put the beef (which must be lean) and the water on the fire, and let it boil slowly 8 hours; skim it, and strain; when cold, take off the fat, then add the vegetables, etc., seasoning, boil gently 20 minutes, strain through a cloth. This is now ready for clear soup, or stock for any other kind.

Ox-Tail Soup.—1 ox-tail 2 pounds lean beef, 4 carrots, 3 onions, thyme and parsley, pepper and salt to taste, soaked in bowl of water. Cook slowly until rice is tender. Stir cupful hot milk into 2 beaten eggs, then into broth. Let all come barely to a boil. When you have added handful of finely minced parsley, pour out into tureen and serve.

There are not very many husbands like that, it must be confessed. I am often moved to wonder at the way a married man will lose the pleasant ways of courtship. Surely his wife doesn't like flowers and candy and new books and trips to the theater any less.

Sweethearts and Wives

The Husband Who Neglects Small Attentions.

After all, women are very largely creatures of sentiment; they appreciate intensely the man who remembers anniversaries, brings home a bunch of violets on Saturday nights, and does not forget his manners just because he is married.

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Many men seem to think that by marrying the girl they love they have done her a great, almost an overwhelming kindness, and that thereafter they shall be at liberty to be as careless and as rude and as thoughtless of her as they please.

Many a woman buys flowers for herself and pretends her husband sent them to her, a pathetic pretense which deceives no one who knows her husband. There is no way in which she can make people believe that her husband helps her on with her wraps, picks up her fallen handkerchief, or rises to open a door for her.

Why there is a many a woman so unused to any real tenderness or gallantry from her husband that should he come home on time and give her a kiss, she'd think he was ill or insane.

It takes so little to make a woman happy. Suppose, instead of saying "Another new dress! Your extravagance will ruin me," he should say, "I like you in blue—you wore a blue dress the day I met you"—wouldn't she remember it and treasure it for years as one of her sweetheart memories?

How many married men there are who have to be reminded of wedding anniversaries and the wife's birthday. How many wives there are who would be happier if their husbands would remember such dates and bring them something quite unreminded. Better a cluster of roses bought from a street vendor than the man who remembers than a diamond necklace from the man who only realizes what the date is when some outsider reminds him.

"Do you know what day this is?" asks the wife at breakfast, rather shyly, yet expectantly.

He barely looks up from his paper. "Um, yes," he says, "I get those bonds from the Northwest today, yes, today's the sixteenth, they'll surely be here."

And his wife, who had been hoping against hope that he had remembered and would give her starved heart a

word of love, is silent. What's the use, she thinks.

Yet it would be so easy and so simple to remember if he only cared to do it. He thinks it all sentimental nonsense, though, and can't for the life of him understand why his wife feels hurt at his forgetting. If men only knew how much of sweetness in life is lost to them because they do not think it necessary to be a lover as well as a husband! How easily a man might turn his wife from a wistful, heart-hungry creature to a radiant, happy woman. But men are so stupid, so hard to teach, so careful not to disturb their own comfort. A man may be a "good provider" of the material things of life, but if he can't provide a little sentiment and an occasional word of love, he isn't a good husband.

Love-Making After Marriage.

Most of us know very well that life is made up of trifles. Indeed, if a summary could be gathered of marital differences and troubles in detail, it would invariably show that of the big things leading to divorce, separation and grief arose in the beginning from small things. For instance, I wonder if the husband of a year thinks to take to his wife now and then a box of her favorite bonbons, such as he was so careful to bestow upon her each week before they were married. Does he remember

to take those coveted flowers once in a while, those beautiful tokens of love and affection that speak for themselves to every woman, so much more plainly than words ever do. Has he forgotten the anniversary of their wedding, and has to be reminded of the day, instead of taking or sending her a box of her favorite roses, or suggesting a trip to the theater, or a little supper in the evening all by themselves. If so, he has gone far towards chilling the tender affections of his wife, who would rather receive these loving tributes from him than some really expensive present, and, at the same time, he has by his apparent thoughtlessness and indifference, opened the way to the first evidences of pain and future trouble, growing so easily into neglect.

Women are very sensitive. It has been well said by a discerning writer that "Love to a man is a thing apart, 'tis woman's whole existence." Men know this, indeed this capacity for love is one of the prime attributes in a woman's nature and is one of her principal charms. Knowing it, the wonder still increases when men allow the beautiful sentiment to grow cold and die out, when just remembering a few of the nice little attentions of their lover days, would make married life "one long, sweet song."

BEAUTIFYING THE PORCH.

For the piazza decoration, when the house is painted light gray, nothing is prettier than boxes filled with pink summer blooming oxalis, along the edge of the porch, and the same flower in hanging baskets, between the posts. It blooms all summer, and is a mass of delightful pink coming out of a crown of light green fresh leaves.

The correct way to water a hanging basket is to place it in a tub of water and leave it there until the plants are thoroughly soaked, then let it drain, before rehanging.

Nasturtiums will cover unsightly fences, and the canary bird vine is a quick grower. Its finely cut foliage and beautiful sweet scented yellow blossoms, which resemble tiny canaries in shape as well as color, cannot fail to please all who plant it. It is very delicate, and in northern sections should not be planted until June.

4 quarts cold water. Cut tall into joints, fry brown in good dripping. Slice onions and two carrots and fry in the same, when you have taken out the pieces of tail. When done tie them, the thyme and parsley in lace bag, and drop into the soup pot. Put in the tail, then the beef cut into strips. Grate over them 2 whole carrots, pour over all the water and boil slowly 4 hours; strain and season; thicken with brown flour wet with cold water; boil 15 minutes longer and serve.

Oyster Stew.—Take the oysters with their liquor, adding a little water, if not sufficient liquor; 1 tablespoonful butter, pepper and salt to taste; cover the stewpan; place over fire, then remove as soon as it boils; if milk is desired, the bottom of the soup plates should simply be covered with cold milk, then serve the stew.

Note.—Many prefer oysters well done, in which case stew should be boiled 5 minutes.

Fine Job Printing at Star Office.

Woman's World

Sweethearts and Wives

Ice Cream in New Zealand

Cream-ices, or, as most people adopting the American fashion now call them ice-creams, are no longer the simple things that once they were.

It is only at children's parties that you get plain strawberry and lemon ices.

Ices are served at restaurants and elsewhere in caramel baskets, or decorated with angelica and candied violet and rose leaves, with candied cherries and citron, and if not decorated are cunningly illuminated.

A rather pretty idea for a supper party is an ice-cream candle. You mould the candlestick itself out of chocolate, and make the candles of white ice cream. Just before serving you insert a tiny wax taper at the top and light it. The effect is quite curious and charming.

Blocks of white ice cream wreathed with candied daisies are pretty. So is a bomb glace, set in a round, silver dish and wreathed with sprays of natural leaves or smilax.

A new Milanese ice you make with a quart of rich boiled custard and a melted teaspoonful of gelatine, and allow these to cool. The custard is then turned into a freezer, and as soon as it thickens a cupful of stoned raisins cut in halves is added, half a cupful of chopped blanched almonds and a cupful of rich preserved strawberries, with a pint of whipped

cream. Stir and beat well and freeze until stiff.

Ices, as a rule, are served with a sauce, either poured over them or handed separately. Some combinations are truly seductive, such as a cherry ice with a syrup of violets, or one of vanilla with a strawberry sauce.

The latter sauce, too, is as excellent with an orange ice. To have a syrup a la creme de menthe poured over a lemon ice is no new idea.

More unusual is an ice of rose-flavored ice cream, shaped like a rose and laid in a fragrant little bath of syrup of English violets.

Very popular in Paris is a tangerine orange ice with an accompaniment of curacao; and of vanilla with currant juice, raspberry with pineapple, coffee, with a mint syrup, pistache with chocolate, coffee with rum, cherry with burnt almonds, grape ice with a little port, nougat with creme brulee, peach with maraschino; pear and creme bavaroise; and cafe noir praline.

In Vienna a peach ice with a sauce of port wine is the rage, and another much liked is of plain cream ice mixed with grated nuts, over which some fresh honey is poured. A coffee ice is discussed with a flavoring of anisette and a pineapple one with a soupçon of green tea.

SUMMER VEGETABLES.

Peel one dozen new turnips of equal size, boil them until tender but not broken in boiling salted water. Blend together in a sauce pan one heaping tablespoonful of butter with one tablespoonful of flour, then stir in very gradually two cupfuls of milk, stir till boiling and cook for five minutes. Open a can of peas, drain them, run cold water over them, draining them again, then heat them in the sauce, adding seasoning of salt, pepper and a dust of sugar. When the turnips are tender, scoop out a hollow in the center of each, then cut small openings round the edge of each. Fill them with the peas and serve hot.

Stuffing Peppers With Rice and Tomatoes.

Cut the tops from red or green peppers; remove the seeds. Cover with boiling water; leave standing for a few minutes, then fill with rice and tomatoes. Cook one cupful of well washed rice in boiling water until tender, then drain, add one cupful of tomato pulp, one chopped onion, two heaping tablespoonfuls of butter, season with salt, red pepper and a dust of paprika, and half a cupful of breadcrumbs. Cover the peppers when filled with buttered breadcrumbs, arrange in a baking dish and bake for thirty minutes.

Tomatoes a la St. Germain.

Take nice, ripe, good-sized tomatoes, remove the pulp and season the insides with a little salt and red pepper. Mix one cupful of white sauce with cooked chopped mushrooms, add one tablespoonful of finely chopped parsley, seasoning of salt and pepper and the tomato pulp. Put this mixture into the tomatoes; sprinkle the top with a few breadcrumbs, place the tomatoes on a well-buttered tin, and bake in a hot oven for about twelve to fifteen minutes. Fry to a golden color in hot butter some rounds of bread, cut a quarter of an inch thick and two inches in diameter.

The Preparation of Artichokes.

Trim the artichokes, cut off the stalks, some of the outer leaves from the bottom, and the tips of the outer leaves; wash and drain. Blanch them in boiling salted water, drain and cool. Remove the center parts of leaves for filling, and fill with a stuffing made as follows: Chop a quarter of a pound of ham, add one tablespoonful of chopped parsley; fry one chopped onion in a little hot butter, and mix the ham and parsley into it, then add one tablespoonful of flour and stir till smooth, season with salt, pepper and a grate of nutmeg, and fill the artichokes. Place a square piece of bacon on top of each; tie the artichokes with string to keep in shape. Lay on a well-buttered tin and bake for forty minutes. When done, remove the string. Dress the artichokes on a hot dish and serve the sauce in a tureen.

Fritot of Onions in Slices.

Peel and blanch some large onions, drain them and cut them in slices about one-eighth to one-quarter of an inch thick, place these in a frying pan with one tablespoonful of melted butter, taking care to keep the slices perfect, season them with finely chopped parsley, red pepper

BEFORE A MAN IS WON—

He trembles for his future happiness

He contemplates the loss of his friends.

He bids a sad adieu to his beloved freedom.

He realizes he must sacrifice that which he has been fondly cherishing as a "career."

He takes on the haunting fear of probable failure—and bolts.

and salt, cover them with a greased paper, and put them in a very moderate oven for fifteen to twenty minutes, then take them up separately with a palette knife and dip them into frying butter and drop into smoking hot and fry a pretty golden color. Dish on a hot dish and garnish with fried parsley in the four corners of the dish. Put the liquor from these into a saucepan, add to it the strained juice of one lemon, one tablespoonful of cream or milk, two raw yolks of eggs, and stir these all together till the sauce thickens, then strain it, add a tablespoonful of chopped parsley, a dust of red pepper, and pour over the onions and serve.

Parsnips With Cream.

Take some nice fresh parsnips, peel and wash them, then cut them into the shape of ovals, using only the outside part for the purpose. Put them into a saucepan and cover them with cold water, seasoned with a little salt and lemon juice; bring to the boil, then strain and put into a clean saucepan with two heaping tablespoonfuls of butter; add half a cupful of cream, a little pepper and salt, and a quarter of a cupful of white sauce. Put the lid on the pan and cook very gently for thirty minutes; sprinkle with a little finely chopped parsley and the strained juice of half a lemon, and turn out onto a hot dish and serve at once.

FADS AND FANCIES.

The fichu drapery is quite evident on the majority of gowns. It can be snowy net on colored linen or batiste. It is frequently tied in a butterfly bow at the back, and a bolero effect is given in the draping of the folds at the front.

The rosette or cockade of loops with two pointed ends is revolutionary and is used on a wide number of gowns and hats. It is converted into a finish for a girdle, placed in the back or front, or it is used on a hat in a more elaborate manner.

The tunic is still draped over our dresses. It is a feature of the spring styles and will be carried into the summer. Usually it is of contrasting color and material, and the newest shape is longer at the back than in front.

SUMMER VACATION.

The indications point to a large number of persons stopping at Haleiwa during the summer months. The bathing there is so good that few can resist the temptation to pay a visit to the delightful hotel. The service and cuisine appeal to particular persons. The rooms to those who want ventilation and comfort while sleeping and freedom from mosquitoes. Good fishing and boating at the door.